

Workplace Wellness



The City of Chicopee is Hosting a Health and Wellness Fair!

Come visit the Chicopee Senior Center from 9AM – 4 PM on April 23, 2015

RiverMills Center Council on Aging: 5 West Main St., Chicopee

Learn more about the excellent resources available to promote a healthy lifestyle.

- ✍ Want information on local summer programs and healthy events?
- ✍ Looking to join a Gym? Stop by and also get reimbursed for working out!
- ✍ Learn more about healthy recipes and dietary concerns
- ✍ Stress from work/home getting to be too much? Meet with a representative from our Employee Assistance Program (EAP) to learn more about work/life balance
- ✍ Worried about your financial health? Come talk to a professional
- ✍ Get a free chair massage and watch your worries fade away!

There will also be **raffle** drawings throughout the day, so be sure to stop by and **please bring a canned food item** to donate to Lorraine's Soup Kitchen so you can qualify for some **great prizes!**

We look forward to seeing you at the event!



CITY of
CHICOPEE

Crossroads of New England